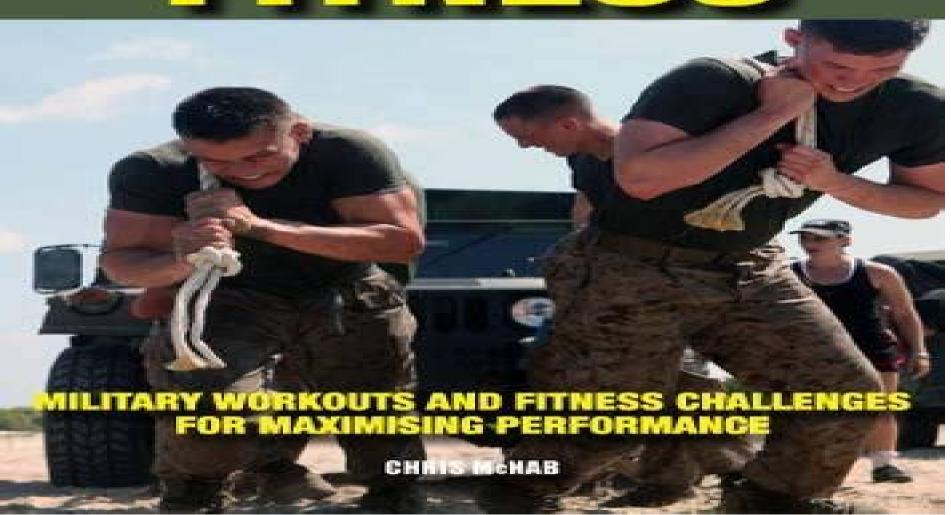
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# **Extreme Fitness Guide**

**Jens Finke** 

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